

Pineapple and Pear Smoothie

Smoothies are a fun way to get one of your 5-a-day portions of fruit and veg. Try inventing your own refreshing smoothie by experimenting with different fruits.



Nutritional information per portion (178g):

Energy	Fat	Saturates	Sugars	Salt
286kJ 68kcal	<0.5g 0%	<0.1g 0%	17g 19%	<0.01g 0%

of an adult's reference intake.
Typical values per 100g: energy 160kJ/38kcal.

Equipment

- Can opener
- Sieve
- Jug
- Peeler
- Sharp knife
- Chopping board
- Measuring spoons
- Blender or smoothie maker
- Cups to serve

Ingredients

- Serves 2**
- 1 ripe pear
 - 4 ice cubes OR 4 x 10ml spoons cold water
 - 220g can of pineapple (chunks OR slices) in unsweetened juice OR ¼ medium-sized pineapple

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Method

1. Open the can of pineapple (if using). Place the sieve over the jug. Carefully pour the pineapple into the sieve so that the juice is collected in the jug. If using fresh pineapple, peel, remove the hard core and chop into small chunks.
2. Peel the pear. Cut into quarters and remove the core.
3. Place the pineapple, pear, ice cubes or cold water and 2 x 15ml spoons of the pineapple juice into the blender or smoothie maker. If using fresh pineapple add any juice collected when peeling the fruit and a little more water.
4. Put the lid securely on the blender, hold in place with a clean cloth and blend for 10 seconds.
5. If your smoothie is too thick, add a little more of the fruit juice or some cold water. Blend again.
6. Pour your smoothie into cups to serve.

Top Tip

- Smoothies can be high in sugar from the fruit in them, so if serving to young children dilute them half smoothie and half water. Smoothies are also best drunk with meals, rather than between meals, to reduce the risk of tooth decay.

Prepare now, eat later

- Chill any leftover smoothie and drink within 24 hours. Stir well before serving.

Skills used include:

Measuring, peeling, chopping, blending and serving.